

# My Chiropractic Experience



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I began chiropractic care for my chronic lower back pain. When the pain was at its worse, it would lay me up on my back for 2-3 days at a time. It would cause me to miss work. Being active with officiating and athletics, it prevented me from continuing in my lifestyle. I had tried various ways to deal with the pain. I had been to a naprapath and chiropractor years ago. I wasn't happy with the results that I received. My daughter suggested that I get checked out in this office. I was leery of chiropractic care prior to my experience here. After listening to how chiropractic care was helping my daughter, I decided to give it a try.

My past treatments for the pain included ice and heat treatments, whirlpools, liniments, and stretching exercises. I use to use an electro-stim unit to get pain relief by numbing the nerves. It was the most effective way for me to lessen the pain although it didn't heal or correct anything. Since beginning care roughly six months ago, I have only used the electro-stim unit once or twice, whereas, I use to use it every few weeks. I know that through my active lifestyle combined with my bad disc I will continue to have issues with my lower back; however, I seem to have less chronic back pain. When I do have pain, it no longer takes me days to recover. Now, usually within 24 hours I have bounced back. I believe that I sleep sounder since beginning care. I feel more alive and awake. I feel overall healthier.

The neat thing I notice with myself, and I see it with other patients here, is an extremely positive interaction within the office. There is a comfort level that I think is a real credit to this chiropractic office. When you go to the doctor, you don't usually look forward to going. You don't mind coming here. It's a great environment to come to.

Please Feel Free To Use This Sheet To Promote The Benefits Of Chiropractic Care.

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Signed